



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Vegan Red and Green Chili

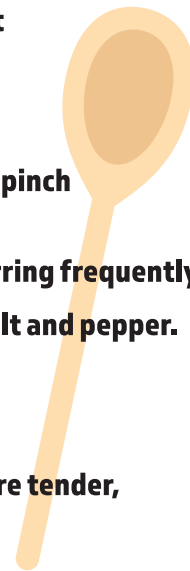
(Serves 4)

Ingredients

- 1 tablespoon olive oil
- 1 red onion, diced
- 5 cloves garlic, minced
- 1 tablespoon chili powder
- 1 tablespoon cumin
- ½ teaspoon sugar
- (1) 14.5oz. can diced tomatoes
- (3) 15oz. can black beans, drained and rinsed
- 1 cup uncooked lentils
- 2 green peppers, chopped
- 2 red peppers, chopped
- (2) 15oz. cans tomato sauce
- 2-3 cups vegetable broth
- fresh cracked pepper
- juice of 1 lime
- kosher salt

Instructions

1. Heat olive oil in a large pot over medium heat. Add onion along with a large pinch of salt and pepper. Cook for 4-5 minutes, stirring frequently.
2. Add garlic, chili powder, cumin, and sugar and cook for another minute, stirring frequently.
3. Stir in diced tomatoes, peppers, black beans, lentils, and a large pinch of salt and pepper.
4. Then add tomato sauce and 2 cups vegetable broth.
5. Cover, turn heat to medium-high and bring to a simmer.
6. Reduce heat and simmer over medium-low for 5-7 minutes or until lentils are tender, stirring frequently. Add remaining cup of broth if desired.
7. Stir in the juice of 1 lime and season to taste with salt and pepper.
8. Garnish with tortillas, sour cream, and fresh chopped cilantro.



Enjoy!

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